

The Senior Spirit

Project Senior Center

March brought “good news” towards the building of a new senior center. On March 3, 2011, the Douglas County Board of Commissioners approved the distribution of county reserves to fund various County issues, projects and equipment including, but not limited to, the Board’s strategic objectives.

\$250,000 was allocated for the new Douglas County Community and Senior Center, specifically for site analysis, conceptual drawings, design and engineering. These are pre-construction tasks which must be completed before the total project costs can be established and building permits can be submitted. These tasks are also critical in establishing the source of funding for the construction and operation of the new center. An additional \$50,000 was designated to Douglas County Senior Services for the purpose of upgrading the current Senior Center facilities and equipment. The current plan is to use these funds to replace the dining room floor, replace bathroom floors and the outside doors to the dining room. Any funds which are left over will be used to improve the landscaping and surface of the Senior Center parking lot. The dining room work will be accomplished during May 16-31, 2011. Some closure of the facility is to be expected.

These funds allocations by the Board of Commissioners are highly appreciated by the Seniors of Carson Valley.



April 2011



Silver Yoga



Silver Yoga meets on Tuesdays and Thursdays from 10-10:45am at the United Methodist Church. This class can be done sitting in a chair. It is offered for only \$2 per class. If you have any questions, please call Jeanne at 790-6377.

Green Thumb Garden Club

DATE: Monday, April 25th

TIME: 10:00am

WHERE: Carson Valley Methodist Church

TOPIC: Steve Lewis of the Cooperative Extension to speak about rodent control



Knitting/Crocheting



This group meets every Monday at 9am to create various projects and have a good time. If you are interested in joining the club, please contact Linda Sawtelle at 783-7278.



Watercolor Class



Watercolor classes continue at the Senior Center.

Classes are held on Thursdays, April 14th and 28th from 9am-12pm. Each class is just \$20 and all supplies are included. To sign up or for more info, please call instructor, Lada Trimble at 882-6061.

Did You Know...?

**** Sertoma Bingo** will be Saturday, April 2nd starting at 11am.

**** We have a local Alzheimer's & Dementia Support**

Group which meets the 2nd Tuesday of the month at 2pm at Merrill Gardens. If you are interested, please call Dori Ward at 883-0703 ext. 223



****Need a Notary?** For a suggested donation of \$3 per person April will notarize your signature.

Be sure to bring proper identification and call for an appointment at 783-6455. All proceeds benefit Meals on Wheels.

**** Nevada Legal Services** continue to visit the Senior Center to provide legal assistance. Please call their office at 883-0404 to make an appointment or get more info.

**** Ted Thran & Sondra Condron** visit the Senior Center on the 2nd and 4th Monday's of the month from 10am - 12pm to take renewals and answer questions about the **DMV**.

Easter Hat Parade

It is time to don your Easter Bonnet and join us for a Hat Parade! Men and Women are encouraged to come dressed in their Easter Best! Prizes will be awarded for the "Prettiest/Most Handsome," "Funniest" and "Most Original" Hats. Our Parade will start at 11:40am on Friday, April 22. I will need judges, so even if you choose to refrain from donning your bonnet, you can be involved. See Amanda for more info.

Look Who's Having A Birthday...

1st Gordon Gray,
Carole Mann, Jeri Peterson,
Mike Welsh

2nd Janet Braman,
Barbara Hansen, Mitzi Neal,
Carolyn McLeod

3rd George Adams,
Richard Demuth,
Anke Hagadorn,
Barabara Hooser,
Thelma Schroder

4th Ted Freyler,
Theresa Martin,
Margaret Reimann,
Stanley Timoshek

5th Evelyn Burton,
Kathy Dent, Bassam Kat,
Anne Saucedo

6th Bill Cranney

7th Barbara Dawson,
Maria Fruhmann, Ann Hill,
Christina McCain,
Hank Olesen

8th Clay Dudoit,
Marny Frost,
Bobbie McKee

9th Mort Kirson,
Theresa Rowe
10th Bonnie Carter,
John Louritt,
Louise Neddenriep

11th Linda Anderson,
Jeanne Lamb,
James Murphy,
JoAnn Peters, Elsie Rees

12th Jean Garrett,
Norm Osterberg
13th Calvin Hawkins,
Albert Kovert, Edith Tilden,

Carmen Lilleboe,
Jerry Rasmussen,
Siripon Schunk,
Beverly Woodstock

14th Virginia Bryan
15th George Hudder,
Pearl Schmidt

16th Sondra Condron,
Fred Gallanty, Paul Tanaka,
Daphne Hansell,

Colleen Odekirk,
Curt Sonderegger,
17th Edward Burns,
Karen Kincheloe,

Lois Sonnenwald

18th Mel Grimm,
Nancy Howard,
Luana Renfro,

Martha Wilson

19th Edna Barclay,
Wildareane Hope-Swall,
Norma Ruby

20th George Cushman,
Ann Martin, Larry Nichols,
Joseph Pacolt, Lillian Wresh

21st Shirley Biase,
Ruth Dressler,
Judy Johnson, Vern Martin

22nd Vincent Bezilla,
Margaret Goode,
Ron Hovis, Carrie Johnson,
Jeanette Jacobson

23rd L. Nora Weaver

24th John Bryant,
Wilma Gavenhill

25th Ronald Garcia,
Patty Howard, Pat Newton,
Betty Stewart

26th Laura Bolger,
John Childers,
Toni Delgado, June Knuth,

Dick Lafferty, Denes Papp
27th Bertha Bowman,
Carolyn Johnson,

John Moore

29th Richard Bender
30th Donald Derdrun,
Gloria Haworth



*Happy
Birthday
to You,
Happy
Birthday
to You,
Happy
Birthday
Dear
Seniors,
Happy
Birthday to
You!!!*



Tax Assistance

Obtain FREE Tax Assistance for taxpayers with low- and moderate-income, with special attention to those age 60 and older. Services provided in two locations. Choose the one convenient to you. Call the appropriate number, leave a message with your name and phone number and your call will be returned.

In Gardnerville

When:

Tuesdays through April 12th

Where:

Carson Valley Methodist Church
1375 Centerville Lane

Phone:

267-7998

In TRE

When:

Mondays through April 11th

Where:

South County Sheriff's Station
Intersection of 395 & 208

Phone:

266-1028



Volunteer Appreciation Dinner

It is time again to show our appreciation for our Volunteers! Without you, many of our programs would be limited or diminished all together. We try to thank you each day you are here, but it has become our honored tradition to hold an annual event during National Volunteer Appreciation Week. This year's Annual Appreciation Dinner will be held on Saturday, April 16th. Doors will open at 3pm.

All volunteers who have been tracking their hours are invited along with a guest. Please see Amanda or Tammy for your invitation with details. During the week of April 11th, please join us in THANKING each volunteer for their time and commitment.



**** Be sure
you are
tracking
your time
each
month so
you get
your
invitation!***



Social Services in Topaz Ranch Estates

Beginning in January 2011, a representative from Social Services will be available *every* Tuesday afternoon at the TRE Community Center. Each Tuesday between 12 noon and 4:30pm you and your friends and neighbors can get food for the house, assistance on utility bills, medical resource referrals and applications to most county, state and federal programs. Forms are available on site along with copying capability to complete applications for programs such as Nevada State Welfare's Medicaid, Food Stamps Programs and the Energy Assistance Program. Bring your questions about Social Security, Medicare and money-saving programs available in our community. A Douglas County Social Services application is required for most services along with supporting documentation as requested. Stop by any Tuesday afternoon in 2011.

How Nevada Legal Services Might be Able to Help You

Carrie Henrichsen, an attorney with Nevada Legal Services, Inc. (NLS) will be here to assist Douglas County Seniors with legal issues. NLS is a private, statewide, nonprofit public interest law firm. Starting Oct.1, 2010, NLS has received new funding which has removed asset restrictions for those age 60 and greater. Carrie meets with Seniors here at the Senior Center once a month.

The types of legal matters they may consider for representation include:

- Denials, reductions, terminations and overpayments of benefits for Food Stamps, Social Security, Welfare and/or Temporary Assistance for Needy Families (TANF).
- Unemployment compensation
- Tax preparation
- Medicaid, Medicare and County Medical Assistance.
- Assisting tenants with public, subsidized housing and/or private landlord/tenant issues
- Fair Debt Collection, Fair Credit Reporting, Garnishment and Attachment Exemptions and other consumer issues.
- Indian Law
- Uncontested guardianship matters.
- Powers of Attorney for financial matters and for healthcare.
- Wills

Please call 775-883-0404 to make an appointment. Leave a message with your name and number and they will call you back as soon as possible.

YAH HAPPENINGS...

"Easter Hoppenings"

Easter Hat Workshop

Join Esther to create an Easter Bonnet or Hat with a flair of your very own! She will provide the goodies and a little instruction and you will have a bonnet to wear for our Hat Parade!

Date: Wednesday, April 20th

Time: 9-11am

Where: in the Ceramics Room

Easter Bake Sale

Date: Friday, April 22nd

Time: 8am-12pm

Baked Goods Needed:

Sign up on the bulletin board

YAH Community Bingo

@ the Senior Center
Sunday, April 17th



Doors open at noon and games start at 1pm.

Progressive Pot:
\$300 and 50 numbers

Game Answer...

6	2	8	4	5	3	7	9	1
4	5	1	7	9	8	3	2	6
7	9	3	1	2	6	4	5	8
2	1	9	8	7	4	6	3	5
8	6	7	3	1	5	2	4	9
3	4	5	2	6	9	8	1	7
5	8	2	6	3	1	9	7	4
1	7	4	9	8	2	5	6	3
9	3	6	5	4	7	1	8	2

Allow Me To Introduce...

Who: Antonia (Toni) Molina

Town of Residence: Minden

Birth Place: Rio Piedras, Puerto Rico

Prior Occupation: Sewing Machine Operator, Neighborhood Miami News Branch Counselor and Housewife

Talents: Spanish Dancing

Hobbies: Bingo and Traveling

Something we should know about her:

Toni finds every person she meets interesting!

Take a moment to find Toni and say hi.



♪ "Bingo, bingo, bingo!" ♪

*All trips
and
activities
are open to
the public.*



Spring Fling Dance



Have you missed the Senior Center Community Dances? Join us for an evening of music, fun and friendship in a smoke free atmosphere. Singles and couples are welcome. The dance will be held on Saturday, April 9th from 7-10pm at the Douglas County Senior Center (2300 Meadow Lane in Gardnerville.) Entrance is just \$5 per person and you can dance and/or people watch for the whole evening! Refreshments will be available for a donation. A 50/50 Raffle and Door Prize will be awarded at 9pm. For more info, call 783-6455 or see Amanda.

BIG MAMA'S Show & Shine

Come out to enjoy the day and see all the beautiful cars & trucks! We are having the 11th Annual BIG MAMA's Show & Shine on Saturday, May 7th from 10am-3pm. All proceeds benefit Meals on Wheels and it is a day of fun for everyone! Hope to see you there.



Do you have Internet access?

The newsletter is ready on the first of the month. Be the first to see it by signing up for our e-news list!

If you would like to have the newsletter emailed to you as soon as it is complete, please send an email titled newsletter to:

areid@co.douglas.nv.us and I will add you to the list!

Oklahoma in Carson City

Are you ready for a little brunch and entertainment? Join us for a mid-day show trip on Saturday, May 14th. We will depart the Senior Center at 10:45am, headed to the Casino Fandango Rum Jungle Buffet for Brunch. Our show, *Oklahoma* as performed by the Western Nevada Musical Theatre Company starts at 2 pm at the Carson City Community Center. The cost of this trip will be just \$45 per person and will include your transportation, brunch, tip, and show. Spaces are limited, so sign up early if you would like to attend this local trip. All reservations must be finalized by April 29th. Please see Amanda if you have any questions.

Important Senior Services Programs

Congregate Dining:

Lunch is served each Monday-Friday at 12 pm at the Senior Center. The suggested donation for lunch is \$2.00 for anyone 60 or older, and \$3.50 for those under 60.

TRE Congregate Dining:

Congregate Dining is provided each Monday, Tuesday and Thursday at the TRE Community Center located at 3939 Carter Way in Topaz Ranch Estates. The suggested donation for lunch is \$2.00.

Homemaker Assistance:

The Homemaker Service provides weekly or bi-weekly visits of basic cleaning, laundry, grocery shopping and limited personal care assistance. The suggested donation for this service is \$3.00 per hour. 783-6455

Meals on Wheels:

All Seniors 60 years and older who are physically incapacitated or unable to leave the house can receive weekly Meals on Wheels. The suggested donation for this service is \$2.00 per meal. 783-6455

Senior Companions:

Senior Companions are volunteers who may drive you to an appointment or keep you company during the day. The suggested donation is \$3 per hour. Call 783-6455 for a list.

Transportation:

Transportation is provided for all seniors 60 and older. Round trip medical transportation is available. **Due to demand, we request a minimum 2 day notice on appointments to insure service.** Call 783-6456.



Are you looking for an opportunity to volunteer?

Come on in to the Senior Center and find out how you can help us keep our programs running.

Important Contacts In Our Community

Aging and Disability Services Division 687-4210

Alzheimer's/Dementia Support: 883-0703 ext. 223

Barton Hospice: 782-1510 or 782-1530

Crisis Call: 800-992-5757

DART Transportation: 783-6455 or 783-6456

Douglas Cty. Community Health Nurse: 782-9038

Elder Abuse: 800-992-5757

Energy Assistance: 684-0731

Family Support: 782-8692

Fire Department: 782-9996

Food Closet: 782-3711

Grief Support: (530) 543-5605

Guardianship: 721-1239

HUD Housing: 887-1795

Nevada Job Link: 684-0400

NV Legal Services: 883-0404

Senior RX: 687-8711

SHIP: 800-307-4444

Social Services: 782-9825

State Welfare: 684-0800



"Let your fingers do the walking"

Mark Your Calendar...

April 2011

2nd Sertoma Bingo

5th Live Music

9th Spring Fling Dance @ the Senior Center 7-10pm

11th YAH and Sr. Adv. Board Meetings

11th DMV Rep 10am

13th Birthday Day

14th Watercolors 9am 28th Watercolors 9am

16th Volunteer Appreciation Dinner 3pm

17th YAH Bingo

19th Live Music

24th Easter

25th DMV Rep 10

27th NV Legal Services

May 2011

7th BIG MAMA'S Show & Shine

14th Oklahoma Trip 10:45am

30th Memorial Day Senior Center Closed



April Is National Humor Month

National Humor Month was started in 1976 as a way to bring awareness to the joy and therapeutic value that laughter can have on boosting moral and improve one's life.

Humor Is Healthy

Why is humor so healthy? When you think about it, it does make sense. You can take pills for your health and eat healthy foods and exercise. Just because you do those things doesn't mean you are happy—and being happy is important. Your emotions make a huge difference in the way you feel overall. That is why you need to inject a little humor into your life. A good laugh or chuckle can actually lower your heart rate and blood pressure naturally and no medicine can do that. You have probably heard the old saying that "humor is the best medicine." There is a lot of truth in that small statement.

There are several health benefits of humor. Interestingly enough, when you have a great sense of humor and indulge in a good laugh or two during the day, you are helping increase your overall health. It can easily reduce the stress you are feeling and can improve your circulation. Laughing can also ease tension. Imagine that your shoulders hurt from being tense all day. When you laugh, you allow those muscles to relax, leading to a good feeling. Did you also know that when you laugh, it exercises your neck and facial muscles and can relax your diaphragm? Bet you didn't know that humor held that much health benefit.

Ways to Add Humor to Your Life

Getting your daily chuckle isn't hard. Of course, there are many people who inherently have a better sense of humor than others. For those of us who don't laugh at the drop of a dime: Take the time to find new ways to get a good laugh in every day and you will benefit in the long run. You may even notice that your display of laughter and happiness is contagious. Others will want to share in your delight, which is an added benefit of humor. Laughing is good for you and it is one thing that won't take you a lot of time or money. Get in the habit of laughing each day, and you will see your spirits soar:

1. **Tell 1 joke a day for the entire month of Humor Month.**
2. **Have a night out at a comedy show.**
3. **Read a funny book or buy a "joke a day" daily calendar.**
4. **Do something that brings joy and laughter to your life.**
5. **Make a collage of all your funny photos.**
6. **Have a movie night watching all comedy movies.**
7. **Watch funny sitcoms/TV shows.**
8. **Listen to funny stand up comedian CD's.**
9. **Send your friends and family funny cards.**
10. **Humor is all about smiles, so make someone smile for Humor Month by doing something that will make him or her smile. If you are at Starbucks, pay the coffee bill for the person standing in line behind you. That is sure to do it.**

The Recipe of Our Happiness:

4 glasses of LOVE
2 glasses of PATIENCE
3 glasses of KINDNESS
4 glasses of UNDERSTANDING
1 glass of FRIENDLINESS
1 glass of FAITH
5 spoons of HAPPINESS
5 spoons of TENDERNESS
1 liter of HUMOR



Take love and patience, mix with faith.

Separately combine tenderness, kindness and understanding.

Combine everything and mix with friendliness and happiness.

Sprinkle abundantly with humor. Bake in sun rays.

Serve every day with generosity of your soul.

Garnish with a smile and serve with quietness, unselfishness and cheerfulness.

COUNTY COMMISSIONERS—

Michael A. Olson (Chairman), Nancy McDermid (Vice Chairman), Lee Bonner, Doug N. Johnson and Greg Lynn.

SENIOR ADVISORY BOARD MEMBERS—

Bob Cook (Chairman), Kevin Servatius (Vice Chairman), Dylan Zigenis (Secretary), T. Michael Brown (County Manager), Andrea Rajeski (YAH Representative), Barbara Griffiths, PhD (Council Member), Kathy Halbardier (Council Member), Jeanne Lamb (Council Member), Scott Morgan (Community Services Director) and Travis Lee (Manager of Senior Services).

YOUNG AT HEART BOARD MEMBERS—

Andrea Rajeski (President), Esther Hildebrand (Vice President), Howard Althouse (Treasurer), Barbara Campbell (Secretary), Carolyn Johnson, Paul Lockwood, Annette Muller, Vicki Spieleder, Maryann Vido, Bob Cook (Senior Advisory Board Rep), Travis Lee (Manager of Senior Services), Scott Morgan (Community Services Director), Carol Wilson (Community at Large Member #1) and Cindy Petersen (Community at Large Member #2).

Healthy Lifestyles For Seniors

You are invited to attend a series of Workshops for Seniors in Northern Nevada
Tuesdays and Thursdays in March & April. Attend one or all, they are FREE!

All Workshop sessions meet from 9-10:30am at the
WNC Douglas Campus, 1680 Bently Parkway South in Minden.

3/31 - Nevada State Parks

4/5 - Consumer Protection

4/7 - Reducing Fire Threat in and
Around Your Home.

4/12 - Yoga and Other Light Exercise.

4/14 - Nevada Territory and
Chautauquan William Stuart

4/19 - Living Within Your Means

4/21 - Creative Eating for a Healthy
Lifestyle

4/26 - Medical Care Issues

4/28 - Community Service



* Sudoku * Sudoku * Sudoku *

The rules to play
Sudoku are quite
simple... Fill in
the blanks so that
each row, each
column and each
of the nine 3x3
grids contain one
instance of each
of the numerals
1 through 9.

I recently heard
on TV that doing
Sudoku may help
strengthen memory.
And it is fun, too!
Find the answer
on page 6.

6	2		4			7		
		1			8	3		6
	9		1	2				8
				7	4	6	3	5
8								9
3	4	5	2	6				
5				3	1		7	
1		4	9			5		
		6			7		8	2